



# CANDACE PLATTOR, M.A., R.C.C.

## Professional Speaker & Author



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Candace Plattor is a professional speaker, a TEDx speaker, and the author of the award-winning **Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction.**

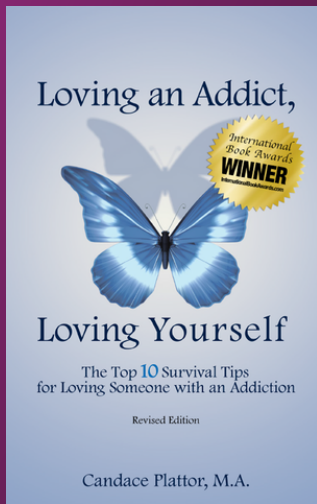
Candace Plattor, M.A., R.C.C., is an Addictions Therapist in private practice, where she specializes in working with the family and other loved ones of people who are struggling with addiction. As a former opioid addict with over 35 years clean and sober, Candace has learned that overcoming addiction is a family condition: everyone in the family is affected by addiction and everyone needs to heal. For more than three decades, she has been helping both addicts and their loved ones understand their dysfunctional behaviours and make healthier life choices.

The results Candace achieves have been astounding: addicts stop using and families regain their lives back from the ravages of addiction. As the developer of the Love With Boundaries Family Addiction Counselling and Therapy method, Candace now works with her team of top counsellors, helping both the families and their addicts break the devastating cycle of addiction for good.

Candace is a member of the Canadian Association of Professional Speakers (CAPS).

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"As I read her book, I gradually became convinced that the key to my well-being was self-care. I am happy to say that as I started to recognize and take care of my own needs, life with the addict I love improved. But even if it hadn't, I would have been happier, healthier, and more at peace. Candace is a champion for this process, and she is living proof that it works." ~ SK

"Candace Plattor's work has effected a powerful positive change in my life. Loving an Addict, Loving Yourself was my crucial first step in breaking free from the pain of an addictive relationship. This little blue book is so wise and wonderful. It was instrumental in creating the joyful life I'm now living." ~ Alexandra



## **What Is Addiction... Really?**

This presentation will explore the realities of addiction and how to identify both the causes and symptoms to look for. Participants will learn how to stop enabling those they care about, and instead learn proven strategies to actually help them come out of the ravages of addiction – thus making this potentially dangerous situation become far healthier for all involved.

## **Mental Health and Addiction in the Workplace**

It's imperative that people in the workplace are trained to understand addictions and mental health and how they impact each other, including issues of productivity, workplace safety and the overall culture of the organization. In this presentation, Candace will outline why leaders and employees must recognize the vital differences between enabling and helping, learn how to create and maintain professional boundaries, and how to respond effectively when there are mental health/addiction concerns in the workplace.